

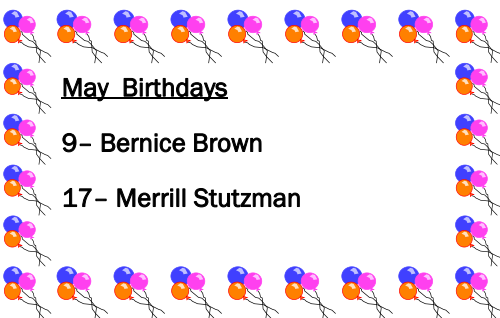
THE MILFORD MAILER

MAY 2016



Happy May Day and Mothers Day this month! We enjoyed making May baskets last month in anticipation of all those May flowers. Lots of fun to come this month beginning with the Junior High Jazz Band on May 4. Please note that the Birthday Meal will be on Monday May 23 because the center will be closed on the last Monday of the month due to Memorial Day. Following lunch on May 23 join us (and invite some friends) for a special presentation on the Orphan Train, see the enclosed information for more about that. Have a wonderful and relaxing Memorial Day, remember the center will be closed that day, I hope you can enjoy the time with family instead.

Nancy Buchli, Senior Center Manager



May Birthdays

9- Bernice Brown

17- Merrill Stutzman

Aging Services Newsletter

Check out and like us on our Facebook page, Seward County Aging Services. There you will find information on services and programs available in the county.

At the Memorial Health Care Systems Health Fair the Seward County Aging Services booth 41 women and 7 men participated in the Bone Density Test and 89 blood work-up certificates were used.

May is Older American's Month, a time to celebrate the contributions of older adults to the nation. The theme this year is "Blaze a Trail". Your community seniors raise awareness about issues facing older adults and highlight the way older Americans are advocating for themselves, Their peers, and their communities. Senior centers are designated as community focal points through the Older Americans Act, as a place where they come together for services and activities. Senior centers provide nutrition, recreation, social and educational and wellness activities for seniors.

Kathy Ruzicka

Seward County Aging Program Manager

Seward County Fund Raiser

Terri Lynn Nuts and Apricots:

Pecan Pieces—\$10; Apricots—\$7.

Contact Kathy at 402-761-3593 to place an order.

May 4-Jr High Jazz Band
12:30

May 6- Foot Doctor

May 12-Brunch

Bingo: Hosted by Heartland

May 19 - Bingo:
Hosted by Crestview

May 23—Birthday Meal

Entertainment by

Humanities Nebraska

"Excess Baggage:

The Orphan Train"

May 16—Crafts with Kathy

1:00

May 25—Blood Pressure &
Sugar Level Checks 9:30

Tuesdays- Tai Chi & Cards

Wednesday—Wii Bowl and
Hot Dish/Salad Bar

Thursday—Bingo

Fridays—Exercises

Community Bulletin

Charlotte Endorf
Excess Baggage: Riding the Orphan Train

Endorf traveled more than 15,000 miles seeking the last surviving riders and descendants to document the real-life stories of the children who rode the Orphan Trains between the years 1854 and 1929. Dressed in period attire, Endorf entertains and educates audiences of all ages about this little known Nebraska history. She discovered she's related to an orphan train rider. Could you be as well?

Monday May 23, 2016

Milford Senior Center

12:30 pm

Humanities Nebraska (HN) provides major funding for this program. HN receives support from the National Endowment for the Humanities, The Nebraska State Legislature, the Nebraska Cultural Endowment, and private donations.



HUMANITIES NEBRASKA

A decorative border made of black asterisks surrounds the text. In the center, there is a photograph of a baked potato with a bite taken out of it, showing the fluffy interior.



Junior High Jazz Band will be entertaining
at the Senior Center, May 4 at 12:30.

COPA (Celebration of Performing Arts)

May 10 7:00

Milford High School Auditorium

SCHOOL'S OUT

MAY 19

Be on the look out

for all those extra little people on the streets and sidewalks as you drive this summer.



May 6 8:00– 9:00

SIGN UP at the

Milford Senior Center

402-761-3367

Foot Doctor

